

COURGETTE AND BACON FRITTERS

This dish would also make a lovely brunch option.



INGREDIENTS

- Olive oil, to fry
- 8 smoked streaky bacon rashers, finely sliced
- 175g (6oz) self-raising flour
- 175g (6oz) ricotta cheese
- 125ml (4fl oz) milk
- 2 medium eggs, lightly beaten, plus optional eggs to serve
- 2 medium courgettes, trimmed and coarsely grated
- 50g (2oz) broccoli florets, finely chopped
- 4tbsp freshly chopped chives

METHOD

1. Heat a little olive oil in a large non-stick frying pan and cook the bacon until golden and crisp. Set aside.
2. Put the flour into a large bowl, then mix in the ricotta, milk and eggs to make a smoothish batter. Next lift up handfuls of the grated courgette over the sink and squeeze

as hard as you can to get rid of excess moisture then stir into the batter.

3. Next stir in the broccoli, chives, the cooked bacon (set pan aside to use later) and plenty of seasoning (the fritters take a fair amount of salt).
4. Give the pan a wipe, add a little olive oil and return to a low-medium heat. Add large spoonfuls of the batter (spacing apart, cook in batches) – spreading slightly to level. Cook until golden on the bottom (about 4min) then flip and continue to cook for a further 4min or until both sides are golden. Lift on to a plate, cover with foil and keep warm while you cook off the rest of the batter (you should end up with 12 fritters).
5. If you like, while the fritters are cooking, poach some eggs to serve on top of the warm fritters. Serve with a green salad.